

Central Park - The Tennis Players Club

Baseline Newsletter

June 2022



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June has arrived with warmer but not necessarily drier days, and we're all looking forward to summer. The courts have been pressure washed, we've had our successful member work party, and seasonal members are back and playing. Like you, I can't wait to sit out on the patio to enjoy our beautiful setting and actually play tennis under blue skies.

This Baseline is my last article as president. It has been an incredible honor to have been entrusted with this responsibility. It has also never been more true than in my case, where Central Park has continued to thrive because of the tireless work of everyone but me.

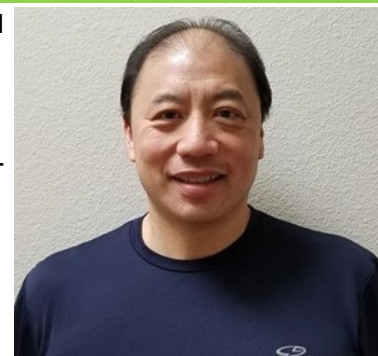
Nancy Goldberg will be finishing up her fourth year on the board. Normally, directors serve a three year term but the immediate past president serves for one year after their presidency, to help the incoming president and to add consistency to board leadership. Many times I would have been lost without Nancy's friendship and guidance, and I have appreciated her insight and contributions not only while she was president but also throughout this past year.

I came onto the board three years ago with Helen Suk and Steve Shimkus. Steve moved to social membership status not long after and so Beth Lehman-Brooks stepped in to finish out the term. Both Helen and Beth will leave the board after this month but their contributions, and those from Steve, were substantial. Helen will continue as chair of the 50th anniversary celebration committee and there will be many fun events in the coming months. Beth was instrumental as liaison for the court rebuild committee, having to hit the ground running and doing a great job contributing to the committee and in keeping the board informed. Steve and I had a number of conversations early on regarding long range planning that create the foundation of improvements that are in the works and soon to come.

Christine Garnett, Kevin Harrang, and Mei McRae were elected to the board two years ago. Christine served this past year as vice president and Kevin served as secretary/treasurer. As a board officer group, we've shared many conversations and their contributions have been invaluable in ensuring we discuss all sides of issues that come before the board. In addition, Christine served as finance committee liaison, and Kevin has made significant contributions in organization and process, the latest of which is our new electronic voting system. Mei's connection to the Seattle Tennis Club and her insight into the membership and management of both clubs were critical as we faced decisions on tough issues like Covid and pickleball.

One year ago, Elizabeth Graves, Fred Wurden, and Girish Padwardhan were elected. They are a strong board class that came in with executive level experience. Elizabeth as chair and Fred as liaison helped move the pickleball effort into the trial stage that starts this month, along with their regular committee assignments on the tennis and facilities committees. Girish served as membership committee liaison and helped organize internal processes that were vital as our waitlist grew from almost zero to the high level we have today. Girish's insight lets him see angles on issues that help push the board to make the best decisions possible.

This leads to the current election of the new directors. There are two weeks left to vote so please do so! The more members participate in the voting process the better you are represented.



PRESIDENT
WAYNE LIM

So what happens after decisions are made at the board level? Club Management steps in and makes it happen! I joined in 2004 and only know Julie as the face of Central Park. But after nearly three decades as Club Manager, she will be stepping a part-time and mostly remote role starting in July. Central Park is the place we love because of her tireless dedication all these years. If there is anything I've learned in my time on the board, it is how much of her heart she has put into the club, and it is impossible to overstate the contribution she has made to Central Park.

Darin Rauso will become our Interim Club Manager starting in July. Darin came on board as Assistant Club Manager less than two years ago. He's smart, a fast learner, a hard worker, and also able to gather the most amazing collection of wood racquets. He's made many improvements in his time here, including Fitness on Demand and many of the registration processes surrounding our Covid validations. Our Club is in excellent hands with Darin in his new role.

We really are lightly staffed for the complexity and scope of our club. It's a testament to Central Park staff that everything works so well, is so well taken care of, that we almost take it for granted we will have a great experience every time we come to the club. And a big part of that is due to Vlad Radojevic who has been a jack of all trades and master of them all! Vlad is off to enjoy a well deserved retirement after nearly 30 years of service and dedication as our maintenance manager.

We also have our four standing committees - finance, tennis, facilities, and membership - and those committee chairs and members along with the ad hoc committees from this year, contributed immensely to the smooth operations and in helping the board serve membership in the best way possible. And to all of the other staff at Central Park, from the teaching pros, to membership, to maintenance, to everyone at the front desk, a huge thanks for all you do and for representing the best side of Central Park.

A year ago, no one could predict what was to come these past twelve months. I couldn't envision the emergence of Delta and Omicron variants, nor that we would transition both Julie's and Vlad's positions. And while those unexpected events took big efforts on everyone's part, what I will take with me most is how much better I've gotten to know the board and staff members, and how many others I've had the chance to talk to. I've strengthened and made new friendships this year that will last well beyond my time as president and that has been the greatest gift to me. Last and definitely not least, a big thank you to all of the members. We have the greatest group of tennis enthusiasts here at Central Park! If we all participate, give back when we can, and truly appreciate what a special thing we have going, we'll continue as the premier tennis club in the Northwest!

So long and see you on the courts!

[Check out our website for past Board minutes.](#)

ATTENTION EQUITY MEMBERS:

HAVE YOU VOTED FOR THE 2022 BOARD ELECTION?

The 2022 Board of Directors Election is currently live! All equity members received an electronic ballot through email from "Election Runner" on Friday, May 13th. If you can't find the email and haven't voted yet, please email [Darin](#) to get your ballot. The election will end on Monday, June 13th.

Happy Voting!



June 2022

Friday, June 3

Monday, June 13

Friday, June 17

Sunday, June 19

Monday, June 20

Tuesday, June 21

Wednesday, June 22

Sunday, June 26

Monday, June 27

Pickleball Trial begins!

Tennis Committee Meeting - 6:00pm

USTA Mixed 40/55 Begins

Father's Day

Cup Committee - 1:00pm

President's Reception - 5:30pm

Annual Meeting 6:30pm

Pickleball Committee Meeting - 6:00pm

Board Meeting - 6:00pm

Past President's Luncheon

Summer Junior Program Begins

Welcome to our New Members

Welcome New Equity Members

*Anton Kirilov & Family
Marcus Mielke & Family
Chen Nie & Rachel Zhao
Priya Vannan & Madhu Satishbabu
Ashleigh Walls & Family
Gregg & Kim Watkins*



Best to our Resigning Members

*Susan Furst
Helen & Bruce Dawson
Jean & John Jessen
Ashley Chen
Lucy Zhang & John Canciller
Travis McClure & Family
Pher Holmberg
Nick Kamisar*

COMMITTEE REPORTS

MEMBERSHIP | CHAIR [ANNIE OTTESEN](#) & [BARRY THOMPSON](#)

The Membership Committee met on May 16th and we are excited to announce a combined Karaoke/Beach Bash event! It's set for July 23rd from 11 AM-3 PM. Please be sure to mark your calendars, you do not want to miss this! Fun in the sun and music, a tempting combo! And of course, we are all anticipating the CPTC 50th Anniversary celebration in September.

We hope to see you all at the annual meeting June 20th.

FACILITIES | CHAIR [STEVE COLEMAN](#)

I would like to take this opportunity to recognize this year's Facilities Committee members for their hard work and wise leadership Ashley Flinders, Jack Goldberg, Steve Carl, Leslie Bouton, Lynda Carlson and Board Liaison Fred Wurden and Central Park Staff Members Julie Wheadon, Darin Rauso and the awesome Vlad Radojevic. The club owes you all a debt of gratitude. Thank you! Also, thank you to all the members who participated in the Member Work Party which was held on Saturday, May 14. It was an outstanding turn out and the club looks extremely sharp due to your efforts. My special recognition to the Barbecue Crew Boys Tim Malone, John Pope, Frank Taylor and Mark Greenlaw who got us ready for summer grilling by the pool and on the deck as well as Phil Ansdell who manned the grill for the member luncheon. Please note the new stairs and handrail on the west berm leading to the workout area which was completed at the work party. Facility activities for this summer include the opening of the pool for the season over Memorial Day weekend, the striping of the parking lot currently scheduled for Thursday, June 23 weather permitting, the pressure washing of the outdoor courts and the striping of Court 18 for pickleball. We're looking forward to reviewing the final design drawings for the exit gate as well as installation sometime in June or July. The Facilities Committee will be on hiatus over the summer and the next Facilities Committee meeting is scheduled for Tuesday, September 13 at 4:30 PM. Please have a wonderful and safe summer!

TENNIS | CHAIR [KIRSTEN BARNES](#)

The Tennis Committee met on May 9th with no major items to discuss. There are 12 teams registered out of Central Park for the upcoming Mixed Doubles season. On June 11th and 12th, the club will be hosting six teams to compete in a USTA WildCard Playoff event.

Don't forget to sign up for Cup Tennis, applications are due June 8th!

Next Meeting will be on June 13th.

FINANCE | CHAIR [PETRA CARL](#)

For the last 2 months we have been focusing on the equity membership initiation fee. Our goal is to systematically increase dues and fees to keep up with inflation, cover costs and build cash reserves for upcoming projects. We made a motion to the board to increase the fee to \$10,000 which was approved at their last meeting. We will break for the summer, but in the fall we continue to make changes to financial statement report formats so we can clearly see revenue generated from each segment.

PICKLEBALL | CHAIR [ELIZABETH GRAVES](#)

The Summer Pickleball Trial begins this month and will run through Sept. 15. Four Pickleball courts will be lined on court 18 and pickleball may be played during designated times. You can sign up for Open Play on Sunday evenings under "Classes and Events" in GameTime. The other pickleball times are Monday 8:30-10:00AM; Tuesday 7PM to close; and Friday 11:30-1:00, and can be reserved via the Pickleball tab in GameTime (like you do for tennis). If you're curious how Open Play works, sign up for Sunday June 12, when members of the Committee will help participants get involved. Everyone is invited to bring something to share to eat and enjoy an informal social time on the deck too. For more information see the Club website [HERE](#); check out the FAQ's [HERE](#); and see the CPTC Pickleball Policy and general info [HERE](#). Once the Trial is underway, please send feedback to CPTC.pickleball@gmail.com.

MANAGER'S MISCELLANY

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

--Maya Angelou

After almost 3 decades with Central Park this quote holds true to what this opportunity has meant to me. When I was hired in 1994 to work the front desk, I never thought my CPTC path was going to include Assistant Manager, let alone 20 years as Club Manager, wow!

As we celebrated Vlad's retirement last month, we dug out boxes and boxes of old photos. We shared stories about projects, parties, tournaments, committees, good times, and tough times not only with our own lives, but our members' lives too. I began to realize how many people have come through these doors and have had such an impact on who I am, not only as a Manager, but as a wife, daughter, sister, auntie, friend (and of course as a "dog mom"). I attempted to count how many Presidents, Committee Chairs, Board members, and employees I have been lucky to work with. Then I thought about how many dinners, marriages, births, and funerals I have been privy too. (See? The good times and the tough times.)

And where do all these thoughts leave me? Grateful to each and everyone of you for making me feel! To feel proud every day I am part of something great. To feel that my role at CPTC is important. To feel that our staff and members want to be a part of this tennis community we have created. And to feel that my transition to part time is going to be okay.

So many of you have shared your support. Thank you. To each President, Board member, Committee Chair for the last 20 years, and to all my staff, words cannot express my love and gratitude.

You are in great hands (and of course, I will still be "watching" and back in town once a month)! With President Wayne Lim, Past President, Nancy Goldberg and Interim Manager, Darin Rauso – we have a well thought out and earnest plan in place. This team is sincere, thoughtful, and devoted to doing what's right for CPTC. It is a win-win!

With Helen Suk, Beth Lehman-Brooks, Christine Garnett, Kevin Harrang, Mei McRae, Fred Wurden, Elizabeth Graves, Girish Patwardhan, Kirsten Barnes, Petra Carl, Steve Coleman, Jack Goldberg, Annie Ottesen, Barry Thompson finishing the Board and Committee year strong, we have engaged committee members whose input has been invaluable this year!

And finally, Chris Kenan leading our maintenance needs, Laurie Uhrich managing our membership demands, Jamison Dorney's new focus on our dedicated front desk staff, and of course our amazing tennis staff, Chad Smith, Mark Shkrebtan, Blakeley Bean, Phil Ansdell, Jeff Eicher, Nick Kamisar and Lisa Moldrem... all is right, and you can feel good about your Club.

I hope you can join us for the annual meeting Monday, June 20 as we celebrate all the amazing efforts this last year, and look forward to next year, feeling excited about what is yet to come. I know I am!

Julie Wheadon - Club Manager

CPTC Election of Directors:

Last Day to Vote Electronically - Monday, June 13th

Notice of Annual Meeting to Equity Members

Please mark your calendars for the Club's Annual Meeting, which will take place at the Club on Monday, June 20, 2022, beginning with the President's Reception at 5:30pm. At this meeting, the results of the election of directors will be announced, and the three new directors will be introduced.

The candidates for election to the Board are **Anna Duff, Lana Hansen, Jake McRoberts, James Stanfill, Joanna Stewart, and Tom Werner.**

Check out their bios [HERE!](#)



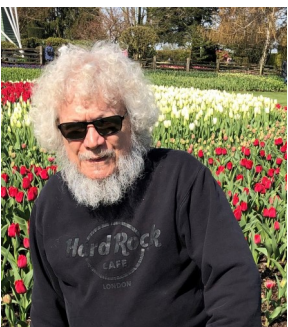
Anna Duff



Lana Hansen



Jake McRoberts



James Stanfill



Joanna Stewart



Tom Werner

Pickleball is Here!

Format	Day	Hours	Sign-Up
Open: Round-robin play with all other attendees	Sunday	5:30 pm - dusk	Add your name to “Sunday Open Pickleball” activity under Gametime “Classes & Events” tab.
Reserved: Organize your own group of 2-6 players.	Monday Tuesday Friday	8:30 am- 10:00 am 7:00 pm - dusk 11:30 am - 1:00 pm	Use Gametime to reserve a slot, just as you would for tennis.

CENTRAL PARK PICKLEBALL PLAY

- Pickleball play limited to Court 18 only, and only during hours permitted in Gametime.
- Only members may play during Summer Pickleball Trial. No waitlist members or guests at this time.
- Gametime reservations and front desk check-in required. (Walk-ons permitted at check-in.)
- Paddles and balls provided on first-come, first-serve basis.
- Pickleball players responsible for court set-up and equipment stowage.
- Allow time to stow nets, paddles, and balls before end of session.

Visit [HERE](#) for more detailed Central Park Pickleball Guidelines, basic How-to-Play-Pickleball instructions, and links to other pickleball resources.



Pickleball-related comments or questions are welcomed from all tennis and pickleball players. Email CPTC.Pickleball@gmail.com.





Join us for an **“Open Play”** Social on Court 18

When: Sunday, June 12 (and open play every Sunday throughout Summer)

Time: 5:30 PM to Dusk – Open Pickleball Play

7:00PM – 9:00PM – Social Time on the deck –
bring an appetizer to share

Let's kick off Summer with – “Sunday Open Pickleball” - at Central Park!

Come on out and learn what makes Open Play so much fun!

Pickleball is known for quick games and fun competition – even between players of differing skills and experience. Those characteristics make pickleball ideal for organized drop-in sessions – known as Open Play. Whether you choose to play one game or twenty, you are guaranteed to learn more about the game, hone your skills, and *meet some new friends*. All you have to do is line up, wait for the next open court, play a game, and repeat until you're tired (or the beer is served).

Sign-up in Gametime:

(Look for “Sunday Open Pickleball” under “Classes & Events”)

Register [HERE](#) - Starting Sunday, June 5th



Registration Open!

18th Annual MXD Championships

June 23-26, 2022

Register now!

[Register at mxdchampionships.com](http://mxdchampionships.com)

\$150/team includes Thursday night player party with exhibition matches, food, beverages, live music, and a lot of fun!

Funds raised at this year's player party
will benefit [Fred Hutchinson Cancer Center](#)

Contact: Brian Nash, Bellevue Club Tennis Director | 206-250-7259, briann@bellevueclub.com

Moving from an Indoor to Outdoor Court

If you have a reserved indoor court and want to move to an outdoor court, please make sure to check with the desk staff first. This avoids certain confusions at the front desk on court placement, and will allow us to have accurate records of the courts.

We appreciate your understanding!



Member Work Party 2022 & Vlad's Retirement Celebration!



Order your 50th Logo Merchandise: Located by the front desk



PRICES

50th Tempercrafft Water Bottle	\$20
50th Coffee Mugs	\$20
50th Box of Notecards	\$15
50th Notepads	\$8
CPTC Steel Wine Tumbler	\$20

Order more 50th merchandise as seen below!
Just scan the QR code



HEALTHY CORNER COOKING



Flourless Bite-Sized Breakfast Muffins

Inspired by Angela Liddon

I always have these handy for company or when the kids come home to visit. They are gluten free and refined sugar free so less guilt when you indulge in these little bites of heaven. Chia Seeds help to add extra fibre and the almonds add a healthy protein and nutty taste. I even sneak in a few dairy free chocolate chips too. Serve them anytime :)

To your health" - Cathy

Makes 24+ mini muffins

Ingredients

- 1/2 cup (80 g) whole raw almonds
- 2 3/4 cup (400 g) chopped overripe bananas (about 3 to 4 large)
- 1/2 cup (120 g) natural smooth almond butter*
- 1/4 cup (33 g) arrowroot starch
- 2 tablespoons (20 g) chia seeds
- 2 tablespoons (30 mL) pure maple syrup
- 2 teaspoons baking powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon apple cider vinegar
- 1/4 teaspoon baking soda
- 1/4 teaspoon fine sea salt

Preparation

- Preheat the oven to 350°F (180°C) and prep a 24 mini muffin pan. This recipe makes enough for more than 24 mini muffins, so line an additional 2 to 3 small ramekins with standard-sized paper liners to use up the remaining batter.
- Add the almonds to the food processor and process to a fine crumb. Be sure not to over process the almonds into butter. If the ground almonds start getting sticky, they can negatively impact the texture of the muffins once baked.
- Add the chopped banana to the ground almonds along with the almond butter, arrowroot starch, chia seeds, maple syrup, baking powder, cinnamon, apple cider vinegar, baking soda, and salt. Process the mixture until smooth.
- Use a small cookie dough scoop to portion the batter into the muffin pans, filling each until about three-quarters full. Use the remaining batter to fill the ramekins until about two-thirds full.
- Bake the mini muffins for about 18 to 22 minutes. To test doneness, gently touch the top of one muffin. When ready, they will spring back very slowly. Finished muffins should also have visibly golden edges.
- Cool the muffins in the pan for 30 minutes before attempting to remove. Carefully slide a knife around each muffin and gently pop it out. (If using paper liners, the muffins must be cooled *completely* before removing, or the liners will stick to the muffins when peeled.)





Wave to our.... HIGHLIGHTED NEW MEMBERS!

Leon Ma & Family

We are super excited about becoming members of Central Park! Tennis has been my biggest passion for over a decade. Nothing beats joining a club filled with people who all love tennis. Our family moved from LA in 2014. Both of our kids (8 and 6 years old) are learning tennis, however they are not there yet for game plays. My wife Jessica is also brushing up her skills for competitive tennis at beginner level. She would love to connect and make new friends here. Outside of tennis, we also love outdoor activities such as traveling, fishing and snowboarding. Look forward to meeting and getting to know everyone at the club!

We'd love to hear your story!! Please send a small paragraph about yourself and/or your family and a picture, if you'd like, so we can share with our members in the next Newsletter.

Contact Laurie: membership@CentralParkTennisClub.com

We are extending the 50 Trivia of Central Park Challenge until the end of June! Take the challenge, we will award two winners a ticket to the party!

Don't forget to check out the branded anniversary items. Buy them now as they are only available for a limited time!

50th Anniversary Calendar of Events

- June 26: Presidents Luncheon
- 50 Trivia of Central Park Contest - EXTENDED. Complete [HERE!](#)
- July 9: Wood Racquet Tournament and "King vs Rigs" expo
- September 17: CP 50th Anniversary Disco



50th Anniversary Disco Party!

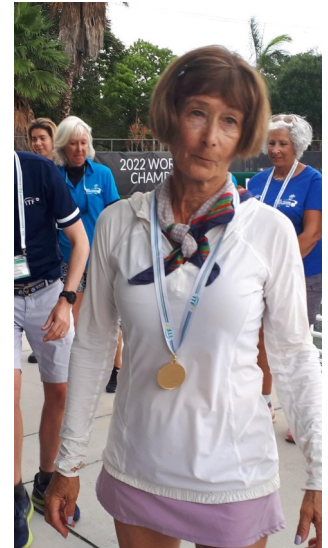
We'd love to hear from you to better plan the event. Please answer these 3 questions in the survey [HERE!](#)

Member Achievements!

Carolann Castell is a 2022 Doubles World Champion in the 75's age group!

She also got a Silver Medal with the USA 75's team at the 2022 Team World Tennis Cup.

Way to go Carolann!!



Easter Bowl 2022



Lisa & Valerie 2014



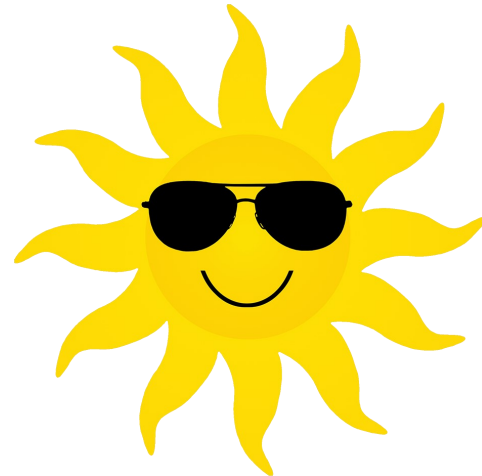
Valerie & Vivian 2017

In April 15 year old CPTC Member Valerie Glozman (daughter of Igor Glozman and Ping Yeh, sister of Vivian Glozman), competed in her second USTA Level 1 tournament. Valerie seeded No. 5, won her first USTA National Gold Ball by capturing the FILA Easter Bowl Girls' 16s singles title at the Indian Wells Tennis Garden.

You may see Valerie and her dad Igor training on the courts, noticing her strong two-handed forehand and determination, we congratulate her on the most recent success and look forward to seeing what she will do next. If you see Valerie make sure to commend her on the big win!

Pool Now Open on Weekends!

The pool is open on weekends ***weather permitting*** until the middle of June, and then we'll transition to being open every day. Current hours of the pool will be 4-8pm Fridays & 12-8pm Saturday and Sunday. Make sure to reserve a slot in Gametime under the Pool tab and enter all member and guests names. Please keep in mind all pool guests are subject to an \$8 fee, and must sign our guest waiver. Always check Gametime for pool closures. We look forward to a summer full of swimming and tennis!



Cup Applications Available!

[Kingco \(4.5+\)](#)

[Challenge \(4.0\)](#)

[Rainier \(high 3.5\)](#)

[Classic \(low to moderate 3.5\)](#)

[Emerald \(3.0\)](#)

[Evergreen \(2.5-3.0\)](#)

Wednesday, June 8th - Last date for applications

CPTC teams finalized by the end of June

2022 Summer Jr. Program

Summer Dates:

June 27th – August 19th

- Classes held weekly Monday - Thursday
- Register by the week

[Click Here for More Info, Pricing, & Registration!](#)

PRO REPORT

Summertime is Tennis Time!

All right tennis fans, it's summer! As the weather starts to warm and the sun comes out, there are more opportunities for outdoor tennis at the club. Transitioning from indoor to outdoor play presents a few challenges, but with the right focus, you will be able to adapt your game successfully and enjoy our outdoor season to its fullest.

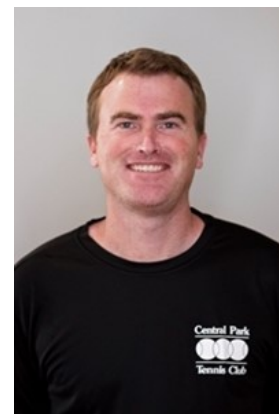
When moving to outdoor play, the first element you will have to contest with is the wind. Even the slightest wind will make the ball feel like it is slowing down or speeding up. Always know the direction of the wind and its trajectory. If the wind is coming toward you, then that is the time to accelerate your swing and maybe add a little spin to bring the ball into the court. If it is at your back, then this is the time to shorten your swing and let the wind give you some power across the net. If the wind is coming across the court, it is time to get those feet moving because that ball is not going to be as easy to hit as it is indoors!

The next challenge you will encounter is that other big ball in the sky -.the sun! Every time we throw our ball toss or go for the big overhead there it is! One tip for handling a bright sun is to use your non-racquet hand to block the sun briefly on your serve and overhead. Sometimes that will require you to modify your stroke. When you toss the ball on your serve, it might be good to lower it or throw it to the side so it is not right in the direct sun. On the overhead, you will want to shorten your takeback and focus more on timing it then hitting it with power.

Another important consideration in outdoor play is court positioning and movement. On an outdoor court where you have to be ready for a variety of conditions, you should focus on standing a couple of feet behind the baseline and constantly be moving in and out of the baseline. Returning to a couple of feet behind the baseline after each shot will help you be ready to modify your strokes based on the conditions.

With these few tips you can easily transition your game to outdoor play and enjoy Seattle's wonderful summer months out on the courts. Also, don't forget your sun coverage and to stay hydrated!

See you on the courts!



Jeff Eicher
[Tennis Professional](#)



RACQUET STRINGING AVAILABLE - DROP OFF SERVICE!

Ready to get your racquets serviced?

Simply fill out the stringing information [form online here](#) or under the *About Tab* at www.centralparktennisclub.com

Email Phil to set up drop off and pick up
Phila@centralparktennisclub.com

Improving Mental Toughness on Court

playyourcourt.com

1. FORGET ABOUT THE RESULTS!

This tip is very easy to say, and VERY difficult to actually implement. Nerves are a very natural thing on the court. And why do we get nervous? Nerves come from understanding the present situation on the court. Maybe you are nervous because you are down a break and love-30. Maybe you are nervous because you are on the brink of losing to someone you KNOW you should beat. There are any number of reasons why you are nervous before, or during, a point. The point here is, they are all related to the situation as it relates to the potential outcome of a match, not the actual act of playing tennis. So what can you do here? Forget about the outcome. Tell yourself that you truly do not care whether you win or lose. Tell yourself that until you believe it. Take a deep breath, and embrace the point ahead as just a single point. Whether you win or lose that point, do it again. Reset. Play an entire match of individual points. This is obviously much easier said than done, but the more you can stay in the moment, the less nerves you will feel, and the better tennis you will play!

2. Control your anger

It's easy to get angry on the court. Heck, it's easy to become FURIOUS on the tennis court and feel like you are on the edge of losing control completely. You've watched a hothead (and maybe you have been one) who yells or smashes rackets after a bad point. Does that help them play better? Does it help their reputation? Of course it doesn't (unless of course you are John McEnroe.) Whether you dump an easy volley in the net, or hit a forehand into the fence, try not to react. That is, don't allow yourself to react before you compose yourself. It's very easy to yell, or smash a racket immediately after one of the million different potentially infuriating misses there are in the course of a tennis match. Here's a trick that's guaranteed to help: *Before you react after a bad shot, or any shot for that matter, take a few deep breaths before you do anything.* Chances are, after you compose yourself for that second, you will realize an outburst or racket throw won't do any good for you. In fact, it will almost always affect you and your grip on the match negatively. Not only will you keep your wits about you, but it will also help you move on from the bad miss and focus on what is most important: *the next point.*

3. Minimize

This is similar to forgetting about the results, but in more of a big-picture way. By forgetting about your results you are able to stay in the moment in any given point of any given match. This theory is very popular among elite athletes, and is perfectly adaptable to the amateur tennis player. Begin viewing any match, or any tournament, on a much simpler level. Look at each match as an opportunity for you to get some feedback on how well you have been practicing and preparing. View each match or each tournament the same. Whether you are just sparring with your doubles partner, or are in the final of your club championship, try to minimize the importance of each match. This will level your emotions regardless of the situation, freeing yourself up to play your best tennis. Notice a theme here? Controlling your mental game is KEY to playing better tennis!

4. Look Alert, Energetic, Confident and HAPPY

You have probably heard this before. How you carry yourself has a direct correlation to how you actually feel. In tennis this is helpful in more than one way. Even when things are not going right, how you project yourself will not only help you to actually *feel* that way, but will also inevitably get in the head of your opponent. You may have just played a bad point, or a bad set, but if you still look as confident and carefree as you did before the first ball was struck, your opponent will likely think, "How is this guy/gal still so positive?" which can lead to a lapse in their concentration. Remember, you are engaged in not only a physical battle, but a mental one as well. You can still win the mental battle even if you are losing the physical one. Give it a try!

5. Get better sleep!

Can your sleeping habits really affect your mental strength on the tennis court? Yes they can, and they do! The quality of your sleep and your sleep schedule affects your focus and control of your thoughts, emotions, coordination, reaction time and endurance. Do those things sound like they would be important during a tennis match? Of course they are! Get into better sleep habits. That means not only getting enough sleep, and good sleep, but also going to bed and waking up at the same time each day. Elite athletes will go to bed and wake up at the same time for at least three days before a match, if not a week, or always! Give this a shot, and you will give yourself an even better chance to play your best!

Frequently Asked Questions

Q: What are the pool hours?

A: The pool hours are from 12-8pm on weekends through the middle of June. The club will then transition to being open every day of the week, 12-8pm.

Q: Do I need a reservation for the pool?

A: Yes. Please make a reservation in Gametime. This helps the staff and Lifeguards. When the pool is closed due to weather, we will reflect that in Gametime.

Q: When is pickleball available to members?

A: Pickleball is available on Court 18 the following days/times: Sunday (Open Play) 5:30 to close; Monday 8:30-10:00AM; Tuesday 7PM to close; and Friday 11:30-1:00, and can be reserved via the Pickleball tab in GameTime

Q: Can I play pickleball during non-designated times?

A: No. Pickleball may only be played on Court 18 during designated pickleball times.

Q: Where can I find more information on the pickleball trial?

A: Please visit our website [HERE](#).

Q: I see you're looking for Lifeguards - where can my child get certified?

A: Please refer to this [LINK](#) for classes offered by the American Red Cross in our area.

Q: Is the Phone Mount holder only available on Court 4?

A: Yes. We have a designated bracket on Court 4 to hang the mount. We will gauge interest and discuss adding additional brackets on other courts if the demand is there.

Q: Where is the Junior Program Entering/Exiting?

A: The junior program will be entering and exiting in the gravel parking lot through the pathway to the left of the pool. Signage is posted in the gravel parking lot.

Q: How do we reserve the multi-purpose room for FitnessOnDemand?

A: Go to Gametime, select the tab "Fitness On Demand" and reserve your one hour slot!

Clinics & Programs At CPTC

Clinic	Day of Play	Time	Max # of people	Cost
Lisa's Skills & Strategy 3.0+ Intermediate	Monday	8:30 - 9:30am	4	Sign up dependent
Lisa's Beginner Skills & Drills	Monday	9:30 - 10:30 am	6	Sign up dependent
Phil's Skills & Drills 2.5+	Monday	8:30 - 9:30pm	6	Sign up dependent
Chad Cardio Tennis	Tuesday	9:00 - 10:00 am	6	\$25 per person
Chad Cardio Tennis	Wednesday	8:30 - 9:30 am	6	\$25 per person
Chad Cardio Tennis	Wednesday	9:30 - 10:30 am	6	\$25 per person
Phil's Skills & Drills 3.0+	Wednesday	7:00 - 8:30 pm	6	Sign up dependent
Phil's Skills & Drills 3.5+	Wednesday	8:30 - 10:00pm	6	Sign up dependent
Chad Cardio Tennis	Friday	8:30 - 9:30 am	6	\$25 per person
Lisa's Skills & Strategy 3.0+	Friday	8:30 - 9:30 am	4	Sign up dependent
Chad Cardio Tennis	Friday	9:30 - 10:30 am	6	\$25 per person

Click [here](#) to refresh yourself about our programs. Here all the details:

All program sign ups are online in GameTime. Program times will be **one hour and 30 minutes**.

Program sign ups open at different times. GameTime will open the sign up for the following programs. See schedule and times below:

Program	Day of Play	Time	# of courts	Sign up Starts	Sign up Ends
Men's Night	Monday	5:30-7:00 pm	4	Saturday prior 7 am	Day of 11:30 am
Women's Night	Tuesday	5:30-7:00 pm	4	One week prior 7 pm	Monday prior 7 pm
Women's Day	Wednesday	10:00-11:30 am	4	One week prior 9:30 am	Tuesday prior 10:00 am
Singles Night	Wednesday	5:30-7:00 pm	4	Monday prior 12 pm	Tuesday prior 5:30 pm
Saturday Men's Doubles	Saturday	8:30-10:00 am	3	One week prior 7 am	Friday prior 8:30 am
Saturday Women's Doubles	Saturday	10:00-11:30 am	2	One week prior 7 am	Friday prior 8:30 am

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